

Breakfast Scramble

vegan, gluten-free, dairy-free

Recipe by Jentry Lee Hull

Yields 6 servings

SCRAMBLE INGREDIENTS

1 Tbsp Olive oil
1 Tbsp Balsamic vinegar
Juice from 1/2 lemon
1/2 tsp pink Himalayan salt
1/2 tsp red pepper flakes
1/2 tsp garlic granules
1/2 red onion, finely diced
1 clove garlic, finely minced
1 zucchini, cut in 1/2 and thinly sliced
16 oz. shiitake mushrooms (cremini mushrooms will work too), trimmed and thinly sliced
8 grape tomatoes, cut into quarters
1 1/2 cups great northern beans, drained and rinsed
2 heads broccoli, trimmed and cut into small florets

OTHER INGREDIENTS

English Muffin (try [Dave's Killer Bread English Muffins](#), [Food For Life's Ezekiel Sprouted Grain English Muffins](#) or [Gluten Free](#))
Avocado or Hummus
Arugula
Basil, for garnish

METHOD

Toss together olive oil, balsamic vinegar, lemon juice, salt, red pepper flakes, and garlic granules with onion, garlic, zucchini mushrooms, tomatoes, and beans. Marinate in the fridge for at least 30 minutes, or overnight if possible.
Once ingredients are marinated, heat a large skillet to low-medium heat. Add mixture to pan, toss, and partially cover, cooking for about 5 minutes.
Add broccoli florets, toss again and cook partially covered for another 3-5 minutes, or until broccoli is bright green and tender (but still a bit crunchy).
Adjust seasoning to taste.
Enjoy on a freshly toasted English muffin with hummus or mashed avocado as a base (if desired), and top with arugula for more greens, garnish with basil.

Note* Nutrition facts do not include the English muffin or hummus/mashed avocado, as those may vary.

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 219	
% Daily Value *	
Total Fat 4 g	6%
Saturated Fat 0 g	2%
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 1994 mg	83%
Potassium 458 mg	13%
Total Carbohydrate 41 g	14%
Dietary Fiber 11 g	45%
Sugars 11 g	
Protein 11 g	22%
Vitamin A	38%
Vitamin C	337%
Calcium	13%
Iron	16%
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	